



READY RABBIT'S

READY FOR ANYTHING EMERGENCY FAMILY HANDBOOK

BROUGHT TO YOU BY THE MAYOR'S OFFICE OF EMERGENCY MANAGEMENT

MEET READY RABBIT!



Hi! I'm Ready. Ready Rabbit, that is.

I work for the Mayor's Office Of Emergency Management.

Our job is to make sure everyone stays safe in case of an emergency.

If something happens that could hurt you or your family,
we want you to be ready to "hop" into action.

There are lots of emergencies that can happen.

Like bad weather. Can you think of an emergency caused by the weather?

Do you know what to do in case of a tornado? A flood?

A thunderstorm? After finishing this book, you will.

Your school probably has fire drills during the year.

You know exactly what to do if a fire starts in your school.

Do you know what to do if you have a fire at your house?

You can help your parents make a plan. You can even have fire drills at home!

Have fun with the puzzles, games and other great stuff to do in my handbook.

When you finish, you'll be ready for anything! GOOD LUCK!!!

i'M READY, ARE YOU?

Chances are you will never have to worry about fire, floods, thunderstorms and tornadoes. But you always need to know exactly what to do in case they happen. Making a plan can be fun. You can work with friends and families to make sure they know what to do. That way, **everybody** can be ready!

FIRE

Fire helps us heat our house and cook our food. Matches can light a fireplace in the winter. Lighters can start a grill for a summertime cookout. Parents know how to use matches and lighters for a lot of good things.

Some children want to play with matches and lighters. But they are not toys!!! If you see someone playing with fire, you should tell a grown-up right away. That way, you can stop a fire before it even gets started. Good for you!!!

If a fire starts in your home or you hear the smoke detector alarm, there are a few things to remember. First, yell 'FIRE!' several times as loud as you can. Get outside immediately. Do not try to take anything with you. If you live in a building instead of a house, do not take the elevator!!! Take the stairs. They are safer!

Once outside, you should have a meeting place picked out that is safe from the fire. Do you have a favorite tree on your street? Maybe it is a neighbor's mailbox. Make a plan with your family. Once everyone is at your meeting place, send one person for help.

Clothes can catch on fire. If this happens remember this—**STOP, DROP** and **ROLL**.

STOP running. Running makes the fire get bigger.

DROP to the ground. Cover your face.

ROLL on the ground. Over and over and over and over—until the fire is out.

STOP, DROP and **ROLL** is fun to practice with your friends.

Make sure you are wearing play clothes!

FLOODS

A rainstorm can give flowers and trees a drink of water that makes them grow stronger. It can also make streams and creeks grow stronger too. The water moves faster and it gets deep, too. Know what to do when you see water start to rise.

If you see a creek or stream get bigger, turn around and go another way.

Do not go down to the bank. Go up! Look for higher ground.

You may be tempted to explore, but now is not the time! Explore when the ground is dry.

When you do explore, make sure an adult is with you!!!

You may think a creek looks OK to walk through. But just 6 inches of water can knock a grown-up over. In fact, only 2 feet of water can turn a car over! Make sure you tell your parents that!!! Take Ready's word for it, if water is stronger than a car, it is stronger than you.

THUNDERSTORMS AND LIGHTNING

A thunderstorm can be scary. Thunder can make a loud-BOOM!!! It can surprise you and make you jump high in the air. If you hear thunder, lightning is close by. You need to know how to stay away from it.

If you see lightning or hear thunder, go inside a building. Your home is the best place to go. If you are not near home, go to a friend's house. If you are not near a friend's house-go to any building nearby.

If you can't get inside, go to a low, open space-**as quick as a rabbit**. Crouch down, drop your head and put your hands on your knees. You might want to go under a tree during a thunderstorm. But you should stay away from tall things like trees. Or towers. Or fences and telephone lines.

Lightning also likes metal objects such as umbrellas, metal baseball bats, metal fishing poles-even bicycles. Stay away from these things during a thunderstorm.

Even when you are inside, you need to be ready. Certain things in your house can become dangerous during a thunderstorm. Televisions. Telephones. Even air conditioners. Turn off the television. Use the phone only in an emergency.

TORNADOES

Have you ever seen "The Wizard of Oz"? Do you remember when the tornado came and lifted up Dorothy's house and dropped it on the Wicked Witch? Do you remember what the tornado looked like?

Where we live, we have lots of trees and hills. We may not be able to see tornadoes like Dorothy and Auntie Em. But they are just as dangerous. Tornado winds sometimes go as fast as 200 miles an hour. That's very fast. You might be thinking-"If we can't see the tornadoes, how do we know they are coming?"

One way we know is when the tornado sirens blow. We have tornado sirens all over the place. When you hear them, you know it's time to take cover. Go inside a building. Go to your basement. If you don't have a basement, go to the middle part of your house. Maybe it's a bathroom or a closet. Stay away from windows. Cover your head. Ask an adult in your family where you should go. Let them help you make a plan.

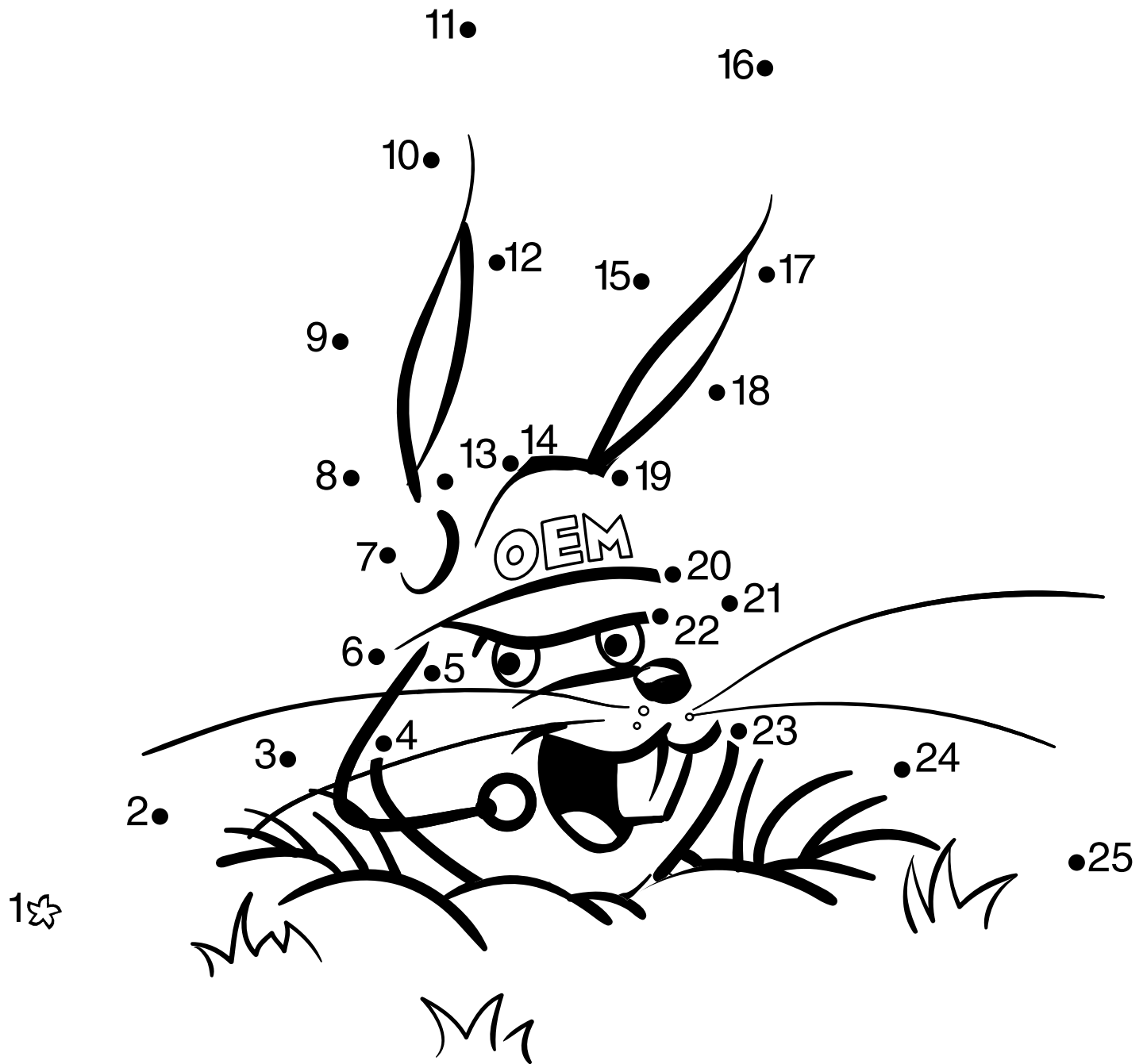
You might also be able to hear the tornado. Some people say they sound like an airplane or train. You know what trains and planes sound like, don't you?

You can also check the radio or TV. It's best to use the ones that use batteries. They are safer when thunder and lightning are around. Do you have a battery-operated radio at home? If not, see if your parents have one. Put it in your Family Emergency Kit.

But what if you are outside? If you can, go inside a nearby building. Do the same thing as you would at home. Go to the basement or cellar. If the building doesn't have one, go to the middle part of the building. Look for a bathroom or closet. Stay away from windows. Cover your head. But what if there is no building nearby?

Don't panic. Lie flat in a low spot. Use your arms to cover your head. Don't get up until the storm has passed. When you are out playing, have an adult show you what a "low spot" is. That way, you will know exactly what to do.

WHERE'S READY?



Connect the dots from 1 to 25. Start at the ☆.
Then color the rest of the picture.

SEARCH & FIND

You have learned a lot about being ready. Here are some words that we use a lot at the Mayor's Office of Emergency Management. Can you find them all?

D	A	F	T	H	U	N	D	E	R	A	S	T
W	I	O	E	F	A	S	K	R	Y	D	F	O
H	P	S	K	W	Q	Y	N	J	A	F	W	R
S	K	L	A	R	F	P	K	O	H	I	T	N
T	W	L	S	S	V	F	I	S	W	L	N	A
O	I	S	D	P	T	I	L	A	S	F	H	D
R	N	Q	N	J	H	E	J	S	E	L	H	O
M	T	S	V	T	L	E	R	T	R	O	L	K
S	E	T	Z	B	O	B	E	G	E	O	G	P
N	R	R	Y	Y	V	E	H	N	A	D	R	R
S	C	W	J	P	L	Q	B	I	D	S	E	E
I	C	E	D	S	S	L	J	N	Y	G	H	T
T	R	A	S	N	L	D	L	T	M	W	T	L
G	J	D	E	R	I	F	O	H	O	E	A	E
J	K	R	F	O	P	A	K	G	P	T	E	H
I	I	S	U	M	M	E	R	I	L	K	W	S
S	R	E	D	S	A	W	Q	L	N	M	E	D

DISASTER
FIRE
FLOODS
SLEET
LIGHTNING
RAIN
SHELTER
SUMMER
WEATHER



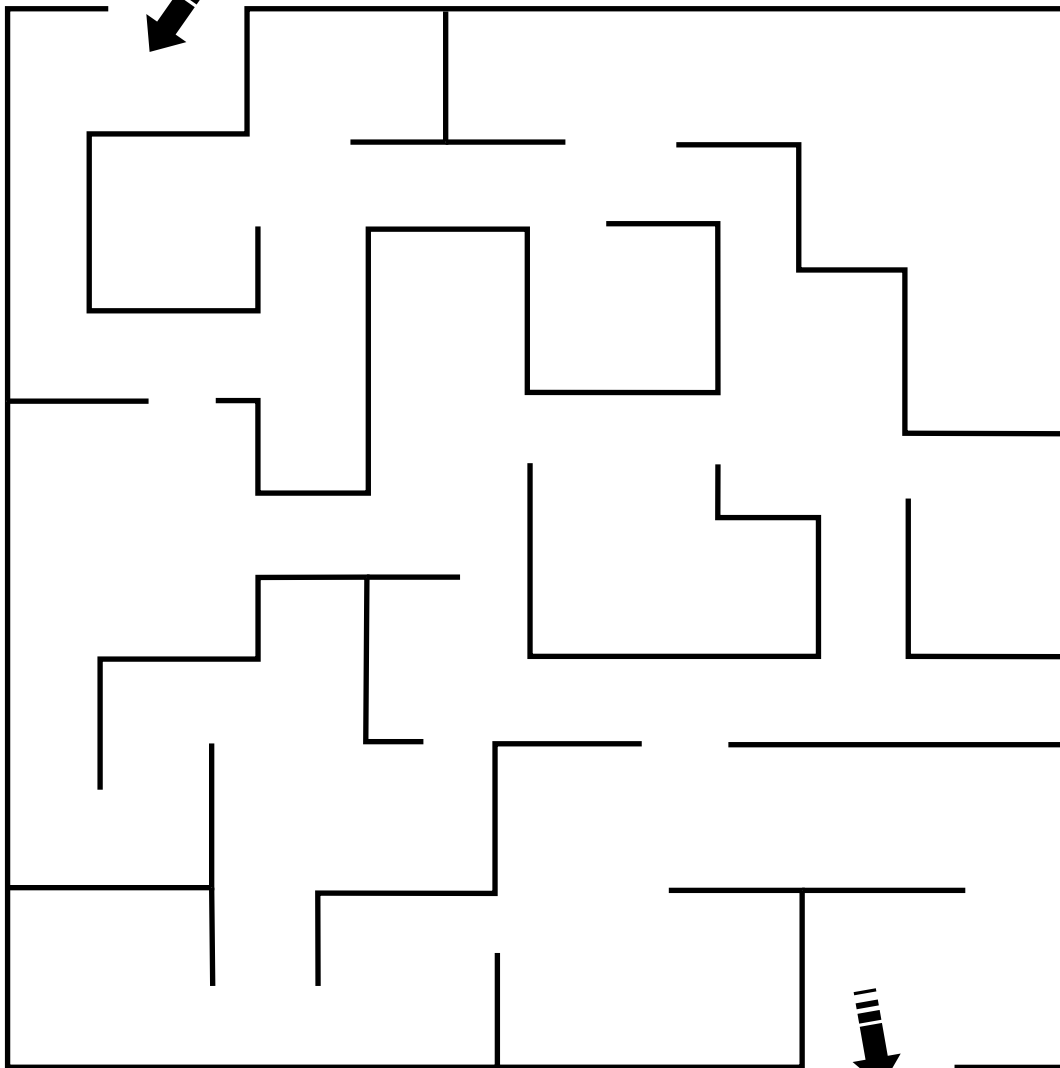
ICE
SNOW
STORMS
THUNDER
WINTER
READY
SIRENS
TORNADO
SAFE

Find and circle the words in the box of letters.

GET READY ESCAPE ROUTE



Start Here



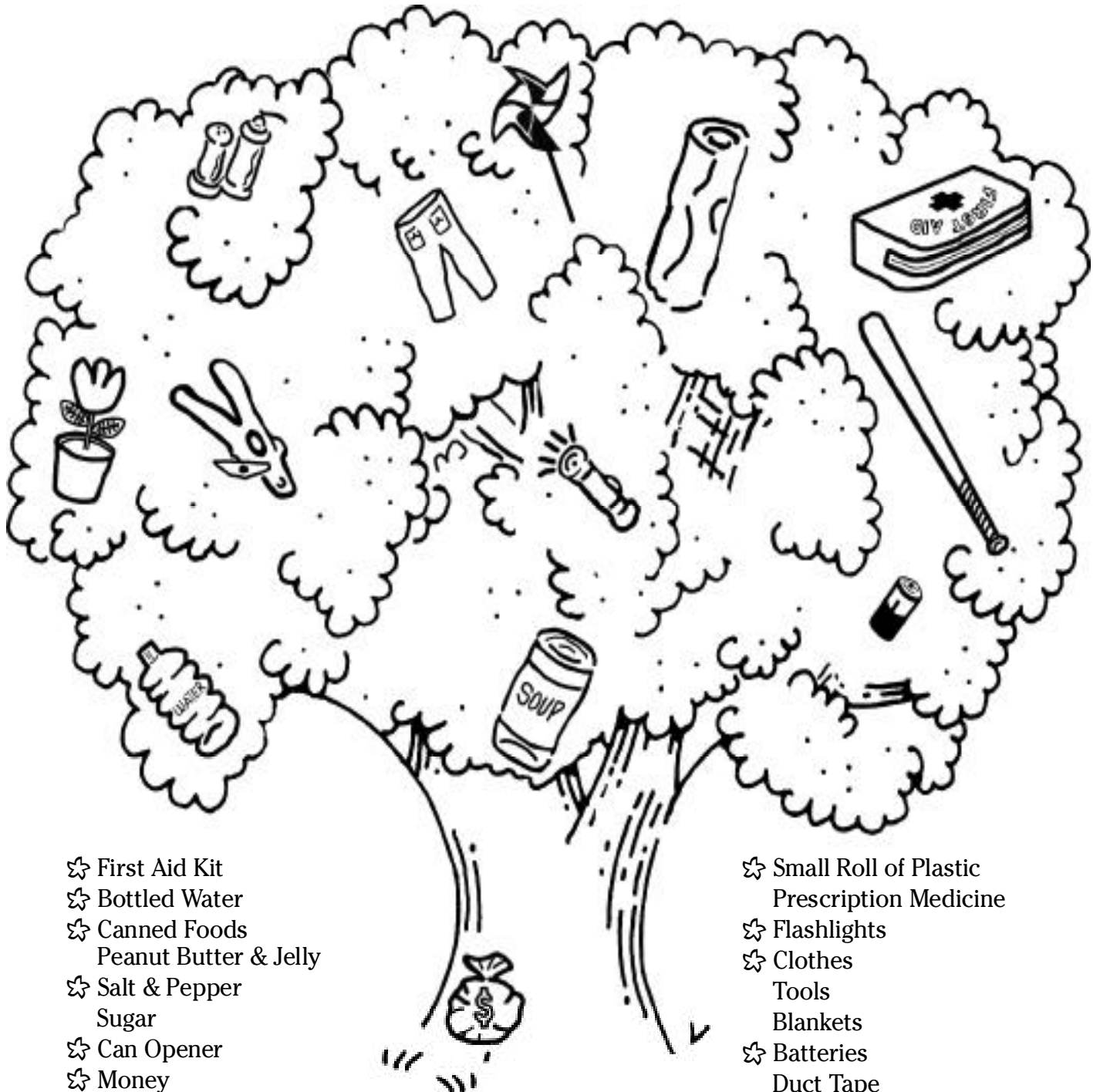
Finish



The meeting place for Ready Rabbit's Fire Escape Plan is at the neighbor's mailbox next door. He is waiting for you there. Get to him as quick as you can.

READY RABBIT'S FAMILY EMERGENCY KIT

Here is a list of things for your family emergency kit. Find 10 of them hidden in the tree.
Not all of the items are in the tree, but you will need everything on the list for your kit.
After you have finished, make a kit with your family.

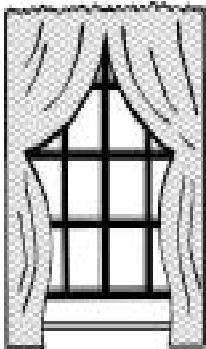


- ☆ First Aid Kit
- ☆ Bottled Water
- ☆ Canned Foods
- ☆ Peanut Butter & Jelly
- ☆ Salt & Pepper
- ☆ Sugar
- ☆ Can Opener
- ☆ Money
- ☆ Battery Powered Radio or TV
- ☆ Baby Wipes

- ☆ Small Roll of Plastic
- ☆ Prescription Medicine
- ☆ Flashlights
- ☆ Clothes
- ☆ Tools
- ☆ Blankets
- ☆ Batteries
- ☆ Duct Tape
- ☆ Personal Phone Directory

Items marked with a star ☆ are in the tree

KNOW WHERE TO GO WHEN THE SIRENS BLOW!



Upstairs Window



Sturdy Building

Oak Tree



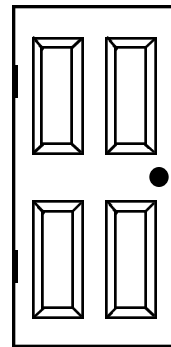
Under Stairwell



Heavy Table



Tee Pee



Downstairs Closet



Hot Air Balloon

Ready has taught you a lot about what to do when a tornado is coming.
Can you find the right places to go? Circle the correct places.
Put an X through ones that would not be safe.

COLOR READY RABBIT!



Ready Rabbit has to report for duty at the Office of Emergency Management.
Color Ready and his uniform. If you don't have a red crayon, don't worry.
You can use any color you want.

CALLING 9-1-1

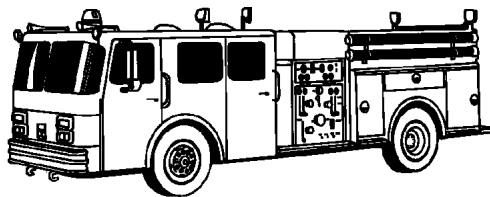
When you need help fast and an adult is not around, you can find out what to do by dialing the numbers 9-1-1 on the telephone. You should only call this when you or someone else is in danger. Can you think of a time to call 9-1-1? I can!!!

You should call 9-1-1 during these emergencies.

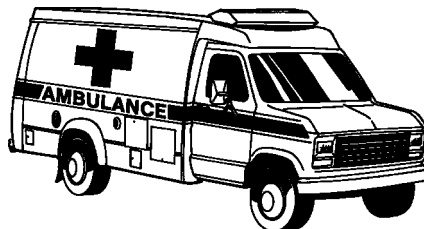
When you need the police.



When there is a fire.



When someone is hurt or sick.





To receive this document
in an alternate format, call
Kevin Penney at 862-8530.

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Created by Rodonna Woods, Operations Supervisor

For more information about how you can be better prepared for any emergency, contact
The Mayor's Office of Emergency Management at 862-8530 or visit our website at www.nashville.gov/oem.